



A PUBLICATION OF THE 502nd AIR BASE WING — JOINT BASE SAN ANTONIO — FORT SAM HOUSTON

Fiesta military style



Photo by Staff Sgt. Keith Anderson

Military ambassadors from the U.S. Army, U.S. Marine Corps, U.S. Navy, U.S. Air Force and the U.S. Coast Guard wave to spectators April 28 at the Fiesta Flambeau Parade in San Antonio. The Flambeau Parade is known as "America's Largest Illuminated Parade." The theme for the parade was Saturday Night at the Movies, and tens of thousands of military and civilian community members gathered to enjoy the numerous floats, bands and assorted entertainment. For more photos of JBASA's participation in this year's Fiesta activities, go to page 10-11.

Soldier, NCO named IMCOM's 'Best Warriors'

By William Bradner and Neal Snyder
U.S. Army Installation Management Command

A transportation specialist from Fort Bliss and a military police investigations supervisor from U.S. Army Garrison Kaiserslautern will represent the U.S. Army Installation Management Command at the Army's Best Warrior competition later this year.

Spc. Kevin M. Mulloy, representing the IMCOM Central Region, and Staff Sgt. Robert C. Donovan, representing the

Europe Region, were named IMCOM Soldier and noncommissioned officer of the Year April 26 after a five-day competition that tested the skills of warriors from each of IMCOM's four regions.

The Soldiers and NCOs competed in a series of tests -- beginning with a physical fitness test and running the gamut from basic Soldier skills to night land navigation.

"Thank you for putting together such an elite competi-

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Consolidated METC medical tech, corpsman training celebrates one year

By Lisa Braun
Medical Education and Training Campus Public Affairs

One year ago on April 27, 2011, the Basic Medical Technician Corpsman Program officially opened its doors to its first 194 students at the Medical Education and Training Campus on Fort Sam Houston, Texas.

Not only was this a significant milestone for the Department of Defense, but for the very first time in its history, two services combined their

entry level enlisted medical programs: the U.S. Navy from Naval Hospital Corps School in Great Lakes, Ill. and the U.S. Air Force from the Aerospace Medical Service Apprentice Course at Sheppard Air Force Base in Wichita Falls, Texas. Combined, these programs represented more than 145 years of training and molding entry level corpsmen and medical technicians.

Exactly one year later, a new era of training was celebrated with an anniversary ceremony recognizing the suc-

cessful journey from two separate training entities to one combined program. A cake cutting ceremony symbolizing the joining of two separate Department of Defense services under METC was conducted by the first and last assigned Navy and Air Force instructors as well as the inaugural commandant, Rear Adm. Bob Kiser. The Navy paid tribute to those hospital corpsmen who have paid the ultimate sacrifice in the field of battle. The ceremony ended with the reciting of the Airman's Creed

and Sailor's Creed.

Chief Master Sgt. David Montano, Senior Enlisted Leader of the 937th Training Group, the Air Force component that supports METC, said he is thoroughly in awe of all that has happened in making this historic event possible.

"We have moved much to make it to this point, and have grown so much along the way. The fruits of all of this hard work will certainly echo beyond our DOD's Medical Service realms, and from a global perspective METC represents

the basis thousands of young minds will use as they move forward in changing our world for the better in the years to come," he said.

The BMTCP program started out with a staff of 39 Navy and 50 Air Force instructors. One hundred and fifty Navy and 44 Air Force students were in the first class.

Over the past year, BMTCP has graduated more than 3,700 Navy and more than 1,000 Air Force students and

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Integrity first: eliminate sexual assault

By Gen. Edward A. Rice Jr.
Commander, Air Education and Training Command

Fellow AETC Airmen, Integrity First – it's our first core value and the cornerstone of our ability to eliminate sexual assault from our service.

Integrity is about doing the right thing and as we focus our attention

on sexual assault this month, we must renew our commitment to uphold the dignity of, and respect for, every human being.

I want to be very clear; there is no room in the Air Force for sexual assault.

It undermines everything we believe in. It weakens the trust the

American people have in us as individuals and as an institution. It is a crime and will not be tolerated.

I expect every member of AETC to foster and support a culture that is based on dignity and respect and does not tolerate sexual assault.

We must do all we can to ensure victims

feel comfortable coming forward and are not victimized a second time by our attitudes and behavior.

Our Sexual Assault Response Coordinators, medical, legal and investigative communities help in these efforts, but it is up to each of us to be leaders in this fight against sexual assault.

This reemphasizes my January 2011 policy on this topic.

Integrity First – doing the right thing--let's all do our part to eliminate sexual assault from our Service.

To contact the Fort Sam Houston SARC call - Cell 643-1240, Hotline 808-7272.

502nd ABW officials warn member about information security

By Alex Salinas
Joint Base San Antonio-Randolph
Public Affairs

With recent incidents involving the release of information to the public, such as the case of Bradley Manning, an Army specialist who leaked hundreds of thousands of military files online, Joint Base San Antonio is reiterating the importance of national security as part of the Continuous Evaluation Program.

The program, which has been in effect since 1952, requires commanders, supervisors and individuals to share responsibilities for compliance and ultimately maintain themselves as trustworthy members of the U.S. government.

"In some of these cases, there were indicators that the person was not reliable or trustworthy in relation to handling sensitive government information," said Debra Chauvin, 502nd Air Base Wing Operating Location-B information protection security specialist.

A part of the Continuous Evaluation Program's governing regulations, DOD 5200.2-R, Appendix 8, shows 13 guidelines that can affect a person's ability to protect information.

The guidelines include allegiance to the U.S.; foreign influence; foreign preference; sexual behavior; personal conduct; financial considerations; alcohol consumption; drug involvement; emotional, mental and personality disorders; criminal conduct; security violations; outside activities; and misuse of

information technology systems.

"Whenever someone knows of a person who is involved in a situation under these 13 guidelines, they should report them to their unit security manager, supervisor or commander," Chauvin said.

While the military promotes camaraderie

within its ranks, protecting national security must supersede protecting a colleague's or friend's misconduct, Chauvin added.

"In the long run, sensitive information breaches can hurt every U.S. citizen," she said. "We must all take ownership for our actions, but we must also be watchful of

others."

Some meaningful observations that can reveal potential misconduct regarding sensitive information include individuals changing their patterns of behavior and receiving derogatory phone calls from others, especially those outside of uniform.

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News Briefs

Change of Responsibility

Headquarters Company, Army Support Activity will host a change of responsibility ceremony at 10 a.m. May 11 at 2115 North Pine Street, Building 2195.1st Sgt. Steven Miller Jr. will relinquish responsibility to Master Sgt. Anthony Walls. Call 221-0347 for more information.

WW White Road Closure

WW White Road, West of the Garden Ave. intersection, will be closed from May 25 to June 25. The closure will help facilitate the installation of communications equipment along with sidewalk and pavement repairs. Anyone requiring access to areas around this location are encouraged to use alternate routes.

All-Day Appointments for CAC/ID Cards

The 502 Air Base Wing replaced the walk-in customer services at its main ID Card/CAC issuance facilities with an all-day appointment-only process for all military members, retirees, dependents, civil service employees and contractor customers. Appointment times are 8 a.m. to 3:30 p.m. Monday through Friday, scheduled in 20 minute intervals. Changes to existing ID Card/CAC and DEERS services only affect the main DEERS ID Card/CAC issuance facilities at these locations: 502nd Force Support Squadron, Building 367, Fort Sam Houston, 221-0415; 802nd Force Support Squadron, Building 5616, Lackland AFB, 671-4178; and 902nd Force Support Squadron, Building 399, Randolph AFB, 652-1845. Customers can schedule appointments at any of these facilities by visiting <https://rapids-appointments.dmdc.osd.mil/> or call the numbers listed to set up an appointment.

Change with Processing DFAS PCS Travel Order Vouchers

Are you a civilian employee relocating? The DFAS-Columbus office no longer processes civilian PCS vouchers. This function will now be done by DFAS-Rome. For additional details, visit the Fort Sam Houston CPAC website at <http://www.samhouston.army.mil/cpac/> or the DFAS website at <http://www.dfas.mil/pcstravel/civlat-estnews.html>.

See NEWS, P4

USAEC, JBSA assist San Antonio Community Parks and Recreation clean-up effort

By Barry R. Napp
U.S. Army Environmental Command
Public Affairs

Volunteers from U.S. Army Environmental Command and Joint Base San Antonio combined forces with the local community and Parks and Recreation employees April 25 to mulch trees and take on the tough mission of removing invasive plant species at San Antonio's John James Park.

"We mulched around 100 trees, including the tree the Army and community leaders planted for Earth Day last April," said Gabriela Tello, volunteer services coordinator for Parks and Recreation, San Antonio.

"Having a layer of mulch around the trees helps retain water in drought conditions."

Over 50 volunteers helped park officials and local com-

munity members distribute mulch around both established and newer trees to help protect them and beautify the entire area.

"The tree we planted together for Earth Day last year is a Thornless Retama and it's doing quite well," Tello said.

"Our relationship with the Army is important to Parks and Recreation as well as our community."

"This event is helping to build on a relationship started last April during the Earth Day celebration held at John James Park and hosted by USAEC," said Julie Jeter, fish and wildlife biologist.

"This is incredibly important work and imperative we work together with the community to help support and preserve land that is here for all to enjoy now and for future generations."

According to Mark Lawson, assistant manager, Parks and Recreation, volunteers are a tremendous help in removing invasive plant species like Chinaberry and Ligustrum.

"We have a volunteer crew in San Antonio that removes around 1,500 invasive species a year," Lawson said.

"It's a problem that is spread by birds and is very serious. We try to educate people that Ligustrum and Chinaberry, while offered and sold locally, are really detrimental to native species and tough to get rid of once planted."

According to the Center for Aquatic and Native plants, Ligustrum is a fast growing, dense and upright evergreen shrub with large dark shiny green leaves and quickly takes over for native species of plants and trees.

Chinaberry is a native of Asia and was introduced in the United States by a French botanist in the late 1700s. It is known to form dense thickets in forests and marshes, able



Photos by Barry R. Napp

Eric Minar (Left) and Derrick Lopez, U.S. Army Environmental Command, load mulch to put around trees at John James Park April. U.S. Army Environmental Command teamed up with the San Antonio Parks and Recreation Department and other member organizations at Joint Base San Antonio to mulch trees and thin out invasive, non-native plant species from the park.

to grow to a height of 50 feet and is also known to push out native vegetation, plants and trees.

"These two species grow very thick and dominate native species by blocking sunlight and taking important nutrients," Tello said. "By removing and thinning out the Ligustrum and Chinaberry here at John James Park, we are saving trees lives today."

According to Col. Scott Kimmell, commander, USAEC, this mission at John James Park was fun and important at the same time.

"We helped the environment today but building a relationship with our local community was very important also," Kimmell said.

"Taking care of the environment on Army installations world-wide is what we do at USAEC, but giving back to help our local environment and joining the San Antonio team was great."

"We made a tremendous difference and great strides in our ongoing battle with invasive plant species," Tello said. "Thanks to all for their time and effort to make John James

Park a better place for us all to enjoy."

John James Park is located on the east bank of Salado Creek, very close to Joint Base San Antonio. The park consists of almost 90 acres with rentable softball and soccer fields, and a half mile of soft and hard walking trails, fitness stations and restrooms facilities.

The park began as a gift from the federal government with 43 acres in 1973 under the Federal Land Surplus program. Originally known as Fort Sam Houston Park, it was renamed for John James in 1974. James became Bexar County chief surveyor and surveyed and established San Antonio boundaries in 1846. He is said to have surveyed more land in Texas than any other individual surveyor.

U.S. Army Environmental Command is the Armed Forces premier environmental organization sustaining military readiness and communities' world-wide.

For more information on John James Park, call 207-2899. For more information on USAEC, visit <http://aec.army.mil>.



Todd Buske (Left) and Lt. Col. Marc McKinley work to clear non-native, invasive species at John James Park at a recent community cleanup event.

News Briefs

from P4

Start a career with CID

The U.S. Army Criminal Investigation Command needs qualified active duty Soldiers to become Special Agents. Contact the Fort Sam Houston CID Office at 221-1764 to set up an interview to determine if you meet the minimum requirements, or stop by 2164 Wilson Way, Building 268 during duty hours. The CID agents will provide assistance in guiding the applicant through the application process. Information could also be found at the Army CID website at <http://www.cid.army.mil>.

JBSA FAP CareLine

Reporting procedures for the Joint Base San Antonio Family Advocacy Program CareLine have been streamlined to ensure the easiest access and assistance to those in need of services related to the prevention of family maltreatment in our community. To report incidents of spouse or child abuse and to coordinate an emergency response for victims of domestic violence, call 292-5967, which is monitored 24 hours per day, 7 days a week.

ROTC Green to Gold

The 5th Brigade Army ROTC will conduct a Green to Gold Program brief on the second Monday of each month excluding training and federal holidays. Briefings will be at 2 p.m. at the Post Education Center, Building 2248, Room 207C. For more information, call 295-2006, 295-0429, 458-5607 or 436-3415.

Van Autreve Sergeants Major Association

The SMA Leon L. Van Autreve Sergeants Major Association meets the third Thursday of each month at 5 p.m. at the Longhorn Café, 1003 Rittiman Rd. All active duty, Reserve, National Guard and retired sergeants major are invited and encouraged to attend. Call 221-0584 or 889-8212.

Sergeant Audie Murphy Club

The SMA Leon L. Van Autreve Chapter of the Sergeant Audie Murphy Club meets the third Thursday of each month at noon in the Men's Card Room at the Fort Sam Houston Golf Club. All Sergeant Audie Murphy or Sergeant Morales members are invited and encouraged to attend. Call 221-4424 or 837-9956.

IMCOM'S from P1

tion," Donovan told leadership as he accepted the recognition. "I can assure you that I added a great number of tools to my kitbag."

"A lot of people ask me 'Why do you keep doing these competitions? Why is a staff sergeant willing to go to boards,' even though, technically, I don't have to go to boards anymore?"

The answer, according to Donovan, is to become a better leader by becoming a better Soldier. "I want to do everything ... I want to push myself to the limits. To be an NCO, you have to lead from the front."

Mulloy credited his faith and family for many of his successes, but also thanked other participants in the competition. "Your motivation and drive pushed me harder and harder to continue on," he said.

He recalled words from Command Sgt. Maj. Donald Felt, Central Region command sergeant major: "'Mulloy, never quit.' And then lo, and behold,

[IMCOM Command Sgt. Maj. Earl] Rice said the exact same thing. So to both of these command sergeants major, thank you for your words. Two words. Never quit. It really hit me."

The goal of the competition was to find the best Soldiers in IMCOM to be those representatives, Rice said. But, the competition also serves as an awesome leader development tool to strengthen our NCO Corps and protect the future of our Army by developing competent and confident NCOs, he added.

"When they push themselves to their limits [in a competition like this one], they know how to push their Soldiers beyond what they think they can do," Rice said.

These Soldiers were in it to win, Rice added. They represent the Army best by representing the best in themselves.

"The attitude of these Soldiers who came here to compete was all about the winning spirit," Rice said. "You knew they believed in the warrior ethos and Army values just by

the way they carried themselves."

Donovan, the IMCOM Europe NCO of the Year, agreed.

"What I want to get out of this competition is simply to get some good training, push myself to the limits, hopefully come out on top, and continue as the Department of the Army NCO of the Year, but in the meantime lead from the front and have my Soldiers back in the rear be proud of what I do," he said.

Donovan stood out for his motivation and attitude, Rice said. "He is an NCO that carries himself with confidence. Young Soldiers could look at him and say, 'I would follow this non-commissioned officer."

"He pushed himself to try and work harder and better than he thought he could. In every way he exceeded the standard," Rice said.

Mulloy, the Central Region Soldier of the Year, also came to the competition with the goal of banking skills for the future.

"What I really hope to get

out of this is just the training tools to lead the Soldiers for whenever I step into the position of NCO," he said before the competition.

Mulloy already shows leadership mettle, according to Rice. "He's a team motivator. He's not just here focusing on himself. That young Soldier is excited. He's excited about life. And when his excitement turns into inspiration, it's infectious. It motivates others around him," he said.

"It's about learning, about being better Soldiers," said Army Environmental Command Command Sgt. Maj. Earlene Lavender, noncommissioned officer in charge of the event.

"They all recognize this as an opportunity to learn and grow, and they all want the very best representing the command at the Army level," Lavender said.

(Evan Dyson, U.S. Army Installation Management Command, contributed to this article.)



Staff Sgt. Robert Donovan, IMCOM Noncommissioned Officer of the Year, negotiates the obstacle course on Camp Bullis during the IMCOM Best Warrior competition April 23.



Photos by Neal Snyder

Spc. Kevin Mulloy, IMCOM Soldier of the Year, calls for the evacuation of a casualty during the IMCOM Best Warrior competition on Camp Bullis April 23.



Photo by Sgt. Lee Ezzell

Cadets speak with mentors from across the military during the Mission Command Conference XV held at the U.S. Military Academy at West Point April 23-26.

Caldwell speaks at West Point Mission Command conference

By Sgt. Lee Ezzell
ARNORTH Public Affairs

Soon-to-be-commissioned cadets from the U.S. Military Academy, the U.S. Naval Academy and Reserve Officers' Training Corps programs from various universities across the country attended the Mission Command Conference XV held at West Point April 23-26.

The conference is an annual event organized by the Simon Center for the Professional Military Ethic as a capstone experience in a cadet's military ethic education, and focuses on mission command in the modern day.

The four-day conference featured what could be the most combat wisdom ever assembled in the event's history, said retired Gen. Frederick M. Franks, chair of SCPME.

The assembled combat wisdom is the result of the experiences of more than 100 officers and noncommissioned officers from a variety of recently redeployed units. The soldiers served as mentors to the cadets during the conference.

And among those leaders was the event's keynote speaker: Lt. Gen. William Caldwell IV, the commanding general of U.S. Army North and senior commander of Fort Sam Houston and Camp Bullis.

Caldwell told the cadets that it is teamwork that will help ensure the success of their units in accomplishing their missions.

"Concern yourself not with being a great leader – but in making great leaders," advised Caldwell. "It is all about the team. Don't focus on what will make you advance but rather what will make the team advance."

The purpose of bringing in mentors was to introduce cadets to leaders who had been there – downrange.

"The military relies on mentors more than any other profession," Franks said. "All (military) leaders are grown – we don't hire them."

The West Point class of 2012 will begin their careers as military leaders when they are commissioned May 26.

METC command chief honored with Order of the Military Medical Merit

By Lisa Braun
METC Public Affairs

The command chief of the Medical Education and Training Campus was bestowed the Army's esteemed Order of the Military Medical Merit April 20.

Air Force Chief Master Sergeant Kevin Lambing was inducted as an honorary member of the elite organization that accepts members for their distinguished service in the Army medical community. He was surprised with the honor during a farewell function for him and was clearly moved by the gesture.

"I understand the importance of what this means and I am very humbled," Lambing told those gathered to celebrate his impending departure from METC.

He is slated to become the Chief of the Air Force Medical Enlisted Force in the Office of the Surgeon General.

"Receiving the Military Medical Merit award is one of the top highlights

of my career," Lambing said.

"In reality, it reflects the hard work of the men and women from all branches of service that accomplish the mission every day at METC. To them, I say thank you. To the U.S. Army Medical Department, I say thank you and I will reflect on the professionalism and pride of Army Medics each time I proudly wear it."

Lambing was presented the official medallion of the Order, which represents the traditions and values of the Army Medical Department, by Army Col. Larry Hanson, METC Dean for Academics.

"I have had the pleasure of working closely with this tremendously talented senior enlisted leader the last two years, in my capacity as METC dean," Hanson said.

"Chief Lambing's accomplishments over the course of his career speak volumes for the quality, dedication, selfless service and loyalty of



Photo by Lisa Braun

Air Force Chief Master Sergeant Kevin Lambing, command chief of the Medical Education and Training Campus, is presented the official medallion of the Order of the Military Medical Merit and certificate by Col. Larry Hanson, METC Dean for Academics as METC Commandant Rear Adm. Bob Kiser looks on. Lambing was inducted as an honorary member of the elite organization whose members are admitted based on their distinguished service in the Army medical community.

this tremendous senior; he is a highly respected senior noncommissioned officer."

According to the citation, Lambing consistently demonstrated exceptional professional and personal skills throughout a stellar twenty-seven year military career.

He has steadfastly

worked with Army medical personnel improving the technical expertise and quality of life of soldier medics. He works daily with members of the entire Army Medical Center & School and 32nd Medical Brigade staff.

As the first command chief master sergeant

serving as the principle advisor to the METC commandant, he has become the key facilitator among the tri-service senior enlisted leaders to develop programs that creates parity among the services and ensures service cultures are maintained. He has been a strong advocate to ensure

equal treatment of all enlisted medical personnel.

The Order of the Military Medical Merit is a unique, private organization founded by the commanding general of U.S. Army Health Services Command in April 1982 to recognize excellence and promote fellowship and esprit de corps among AMEDD personnel.

Membership in the Order recognizes those individuals who have clearly demonstrated the highest standards of integrity and moral character, displayed outstanding degrees of professional competence, served in the Army Medical Department for a minimum of 10 years with selflessness, and have made a sustained contribution to the betterment of Army Medicine.

Members of other military services who have made distinguished contributions to the Army Medical Department can be recognized as honorary members.

201st MI Battalion ceremony inducts 12 into NCO Corps

By Sgt. Qaasim Jenkins
470th MIB Public Affairs

A dozen Soldiers of the 201st Military Intelligence Battalion were inducted into the Army's Noncommissioned Officer Corps during an April 13 ceremony that not only celebrated a milestone in their careers but also held significance for their battalion.

The ceremony, rich in Army tradition and symbolism, took place in the Fort Sam Houston Teen Center with family and other senior NCOs witnessing the induction.

Staff Sgt. William Sellars traced the roots of the NCO as part of American military culture to the first colonial militia and George Washington's Continental Army, highlighting the historical importance of those who have held the sergeant major's rank and its role in the Army.

Battalion Command Sgt. Maj. Earl Jacobs spoke highly of the NCO Corps, his Soldiers and the 470th MI Brigade, before introducing guest speaker, Command Sgt. Maj. Matildo Coppi, currently assigned to the brigade's S3 (operations and training).

Coppi talked to the inductees about the importance of inspiration to their roles as NCOs.

"NCOs don't have to bark at Soldiers or resort



Photo by Sgt. Qaasim Jenkins

Command Sgt. Maj. Matildo Coppi (left) congratulates a new sergeant while Command Sgt. Maj. Earl Jacobs signs a certificate recognizing those Soldiers newly inducted into the Army's Noncommissioned Officer Corps. The 201st Military Intelligence Battalion conducted an NCO induction ceremony at Fort Sam Houston's Teen Center April 13.

to the classic mistake of saying, "That's an order," said Coppi, a 22-year veteran of the Army and former command sergeant major of the 717th MI Battalion. "NCOs can accomplish any mission without raising their voice and without getting resistance from their Soldiers."

Coppi defined influence as "the act or power of producing an effect without an apparent exertion of force or exercise of command."

He then discussed the influence of an NCO as legitimate authority. While conceding there are times when there will be one-way conversations, he said that style should not be the only style an NCO uses.

"Positive influence requires respect, trust

and rapport between the NCO and the Soldier," Coppi explained. "Negative influence is the waste product of lazy, incompetent NCOs that don't exhibit any sense of standards."

Coppi described influence as the unseen force that stays with a Soldier when the NCO isn't around -- choosing the harder right over the easier wrong when no one is watching. He wanted the inductees to remember that their top priority is the health and welfare of their Soldiers.

"If the NCO takes care of his or her Soldiers, they will take care of the NCO," he told the new NCOs.

"So today you will step over the line, the

See NCO, P9

ARMY MEDICINE
Serving To Heal...Honored To Serve

Women's Health Month

May 2012

Get enough sleep
Manage stress
Get regular checkups
Be active
Eat healthy

armymedicine.mil

Women's Health Month: Regular checkups critical in early detection of diseases

By Kirk Frady
Army Medical Command
Public Affairs

May is National Women's Health Month and the Army is promoting regular checkups as critical to the early detection of various diseases and encouraging women to visit their health care professionals to receive or schedule a checkup.

Recognizing the need to evaluate health issues faced by female Soldiers, Lt. Gen. Patricia D. Horoho, Army Surgeon General, established the Army Medicine's Women's Health Task Force in December 2011.

The task force combines talent from different disciplines: civilian and military, officer and enlisted, as well as pri-

vate industry partners to assess the unique health needs and concerns of female Soldiers.

As such, it will conduct a thorough review of the care currently provided; identify best practices and gaps and revise, adapt and initiate practices so that health-care providers may continue to provide and improve first class care to our female warriors.

"The Surgeon General's establishment of the Women's Health Task Force speaks volumes and clearly identifies women's health as a priority for Army Medicine," said Maj. Brianna Perata, executive officer for the Army Medicine's Women's Health Task Force. "Women need to take care of their health

365 days a year."

Representing 14 percent of the Army's active duty fighting force and 46 percent of the eligible (Army affiliated) TRICARE beneficiaries, women's health plays a vital role in the Army's overall readiness.

In order for women to be fully integrated and effective members of the team, Army Medicine strives to ensure their unique health needs are being considered and met, whether they are deployed or in garrison.

"Having been in the Army nearly 12 years myself, I have seen how critical women's health is to our Army," Perata said. "From serving as Soldiers and professionals, to caring for children and Families, if our

women aren't healthy, the mission is dramatically impacted.

"And I am not just speaking about women's health while they are young," she added. "Being healthy across one's lifespan is key as women play a fundamental role in the health of their families and communities as well."

Army Medicine continues to research various health issues with specific focus on female soldiers. Among current studies are health interventions designed to decrease gynecologic problems in the deployed environment; use of the Female Urinary Diversion Device; and health and illness behaviors in

See WOMEN'S, P9



Photo by Lisa Braun

The Basic Medical Technician Corpsman Program, a combined Air Force medical technician and Navy hospital corpsman training program, celebrates its one year anniversary as one program at the Medical Education and Training Campus. A cake cutting ceremony symbolizing the joining of the Air Force and Navy entry-level enlisted medical programs under METC was conducted by the first and last assigned Navy and Air Force instructors as well as the inaugural commandant, Rear Adm. Bob Kiser.

METC from P1

now has a combined Navy and Air Force staff of more than 200 personnel. Students are educated, trained and prepared with the necessary capabilities and proper tools to deploy all over the world in support of the nation's war fighters and their families.

"I'm so proud of this school. I'm proud of what it stands for and what it has become," said Master Chief Hospital Corpsman Shanon Best, Command Master Chief of the Navy Medicine Training Support Center (NMTSC), the Navy component that supports METC.

"I truly believe each

graduate of this program leaves San Antonio an Exceptional Military Health Care Provider," he added. "I know this first hand because I graduated Hospital Corps School, San Diego in 1989....and comparing the two different schools and the curriculum ... I am very envious."

NCO from P7

line that symbolizes the crossing of the line of authority and increased responsibility."

The induction came as the 201st MI Battalion anticipates deployment later this year.

As these NCOs cross over into newfound responsibility, Coppi said, they will need to cultivate those skills as

NCOs with a heightened sense of urgency. Their decision-making, leadership and many other skills will be put to the test as they develop their own individual leadership styles.

Coppi assured the new inductees that their command sergeant major and all the other senior NCOs of the 201st MI Battalion would be there to mentor them.

WOMEN'S from P8

women in a deployed setting.

Army health care professionals encourage women to make their health a top priority and to take steps to improve their physical, mental, emotional and spiritual health and lower their risks of certain diseases.

Exercising, eating right, regular checkups and preventive screen-

ings, avoidance of risky behaviors, and paying attention to mental health are paramount in improving one's health.

Army Medicine encourages women to be resilient and find balance.

"Whether serving on the battlefield or running things on the home front, the strength of our Army as a whole, depends greatly on the health of these women," Perata said.

SECURITY from P2

In Air Force Instruction 31-501, labeled Personnel Security, requirements have been added that a security information file needs to be established if a person misuses a government purchase card or government travel card.

"We as unit commanders and staff agency chiefs have the responsibility to determine if a SIF is necessary with the intent of national security," said Erica Richard, 502nd ABW chief of information protection. "A SIF is not intended to be used as an administrative action or punishment."

For more information, click on the link on the Fort Sam Houston Network Enterprise Center website at <https://portal.samh.army.mil/organizations/nec/ia/iapp/Pages/default.aspx>.



Photo by Sgt. Ruth Medina

The 323rd Army Band, "Fort Sam's Own," led by Chief Warrant Officer 5 Douglas Paarmann, marches past spectators April 28 at the Fiesta Flambeau Parade in San Antonio.



Photo by Sgt. Maj. Eric Lobsinger

The Fiesta military ambassadors salute the Vietnam Memorial during the All Veterans Memorial Service April 29 in San Antonio. The memorial service honors veterans – both past and present. During the ceremony, military and civilian community members placed wreaths, bouquets and flowers at the base of the Vietnam Memorial in memory of those who have served.



Photo by Sgt. Ruth Medina

Fort Sam Houston's Color Guard leads the way during the early evening hours April 28 at the Fiesta Flambeau Parade in San Antonio. Service members from the Army, Air Force, Navy and Marine Corps represented their services.

Lt. Gen. William Caldwell IV, commanding general of U.S. Army North and senior commander, Fort Sam Houston and Camp Bullis, with Command Sgt. Maj. David Wood, Army North's command sergeant major, present the U.S. Army North memorial wreath during the 87th Annual Pilgrimage to the Alamo April 23.

Photo by Sfc. Christopher DeHart



Photo by Sgt. Ruth Medina

Brig. Gen. Theresa C. Carter, 502nd Air Base Wing commander, greets members of the San Antonio community April 28 during the Fiesta Flambeau Parade through downtown San Antonio.



Photo by Doug Meyer

The crowd enjoys fiesta festivities April 22 during a military reception at Fort Sam Houston's historic quadrangle.



Photo by Sgt. Ruth Medina

Gen. Edward A. Rice Jr., commanding general, Air Education and Training Command, and his wife, Teresa, wave to the crowd at the Fiesta Flambeau Parade in San Antonio April 28.

Cole track stars advance to state

Senior Wykeyhe Walker won first in the triple jump and Junior Jasmine Brinson placed first in the 200 meter dash at the 2A Regional Track April 28 at Judson High School. Wykeyhe broke his own school record with his jump. Both will compete at the State Track Meet May 11 at 3 p.m., in Austin.

In other results:
Boys:
Terrance Hodges -
7th Shot Put
Khari Bennett -
7th Triple Jump
Patrick Garr -
9th 300 meter hurdles
Evan Garr -
10th 800 meter run
Girls:
Alex Vincent, Jamie Douglas,
Jasmine Brinson, Carrine Lott -
6th in the 400m relay and 4th in the mile relay
Jamie Douglas -
4th in the 400m dash

FSHISD WEEKLY CAMPUS ACTIVITIES MAY 7-12

Fort Sam Houston
Elementary School

May 9

PTO Accelerated Reader
Pizza Party for first
through fifth grade dur-
ing lunch

May 11

Pre-Kinder/Kinder Round
Up, Elementary Café,
8:30 a.m.-3 p.m.
Dad's Volunteer Day in
PE, Library, etc.

Early Release at 11 a.m.

Robert G. Cole Middle
and High School

May 8

STAAR Testing
JNHS Induction, NHS
- English, Spanish &
French, Cole Mall Area,
5 p.m.

May 9

STAAR Testing

May 10

STAAR Testing
Band/Choir Varsity Spring
Concert, Moseley Gym,
7 p.m.













May 11

STAAR Testing

May 12

Band/Choir Banquet, Cole
MS Mall, 6:30 p.m.
JROTC Race for the Cure,
5:15 a.m.-noon

Weekly Weather Watch

	May 3	May 4	May 5	May 6	May 7	May 8
San Antonio Texas	 92° <small>AM Clouds/PM Sun</small>	 91° <small>AM Clouds/PM Sun</small>	 91° <small>Cloudy</small>	 89° <small>AM Clouds/PM Sun</small>	 90° <small>AM Clouds/PM Sun</small>	 89° <small>AM Clouds/PM Sun</small>
Kabul Afghanistan	 75° <small>Sunny</small>	 77° <small>Mostly Sunny</small>	 74° <small>Partly Cloudy</small>	 74° <small>Mostly Sunny</small>	 74° <small>Showers</small>	 76° <small>Partly Cloudy</small>

(Source: The Weather Channel at www.weather.com)

JBSA enters Stage II water restrictions

The Bexar County Index Well, or J-17, has gone below 650 feet; as of April 30, the J-17 was at 649.9 feet. Effective May 4, Joint Base San Antonio Stage II water restrictions are in place.

Changes from normal water conservation measures include:

Facilities and housing areas can water from 3 to 8 a.m. and 8 to 10 p.m. on their designated watering day:

If address/facility number ends in 0, 1 Monday

If address/facility number ends in 2, 3 Tuesday

If address/facility number

ends in 4, 5 Wednesday

If address/facility number ends in 6, 7 Thursday

If address/facility number ends in 8, 9 Friday

New landscaping should be avoided unless material is already on order. Government vehicle washing is allowed only twice per month and privately owned vehicles may be washed only on landscape watering days.

For more information, or to report misuse, call the JBSA Water Conservation Hotline at 466-4H2O(4420).

Edwards Aquifer Level

in feet above sea level as of May 1

CURRENT LEVEL * = 648.3'

*determines JBSA water conservation stage

Normal - above 660'

Stage I - 660'

Stage II - 650'

Stage III - 642'

Stage IV - 640.5'

Stage V - 637'

For water restrictions, visit <http://www.502abw.af.mil>.



Heisman winners meet their heroes

By Deyanira Romo Russell
502nd FSS Marketing

Trying on Super Bowl rings and passing around a Heisman Trophy, wounded warriors glimpsed into the world of two football greats during a morning of golf at the Fort Sam Houston Golf Club.

Heisman Trophy winners, Ty Detmer and George Rogers made a special visit to the weekly wounded warrior's golf lessons at the Club.

"I don't even want to say anything about the Heisman Trophy, these are our heroes right here today," said Rogers, who won the Heisman in 1980, as a tailback for the University of South Carolina Gamecocks.

Often referred to as the greatest player in Gamecocks history, Rogers went on to win a Super Bowl with the Washington Redskins. But, in the company of the wounded warriors, Rogers felt his career paled in comparison.



Flanked by Heisman Trophy winners, George Rogers and Ty Detmer, Sgt. Bryan Ball, with the Warrior Transition Battalion, works on his chip shot.

"I think this is a great opportunity that has been given to us to thank them. You don't know how special they are

until you see them in person. They have lost a limb or have suffered other injuries and are starting their lives over again,"



Spc. Matthew Spang, with the Wounded Warrior Transition Battalion, practices his putt at the weekly golf lessons offered at the Fort Sam Houston Golf Club. Spang and other Wounded Warriors had an opportunity to meet Heisman Trophy winners, George Rogers and Ty Detmer who accompanied them at their lesson.



Photos by Deyanira Romo Russell

Wounded warriors try on George Roger's Super Bowl and Heisman rings, during a morning golf lesson at the Fort Sam Houston Golf Club. Heisman Trophy Winners, Rogers and Ty Detmer spent the day with the wounded warriors, including an afternoon of golf.

added Rogers.

Sgt. Bryan Ball, with the Warrior Transition Battalion, enjoyed the golf and especially had a great time seeing and holding Roger's coveted Super Bowl ring.

"It's so cool. You don't get too many chances to see a Super Bowl ring," Ball said.

The morning golf lesson is part of Warfighter Sports, a program of Disabled Sports USA, which offers sports rehabilitation programs in military hospitals and communities across the U.S. through a nationwide network of over 100 community-based chapters. Retired Army Sgt. Kirk Bauer, wounded in the Vietnam War, is the executive director of the program, offering 30 different sports for wounded warriors.

"We offer everything from snow skiing to cycling, all paid by private sector funds," said Bauer.

Detmer and Rogers spent the morning at the Center for the Intrepid to see firsthand the facilities and equipment available for rehabilitation then headed to the links with the wounded warriors.

"It's been great spending time with some of these guys to see what they're going through and how they are adapting," said Detmer.

"We get a feel for how they

are adjusting to their injuries and how they are learning to walk with new limbs. I really appreciate that we had an opportunity to meet with them and we're really grateful for the service they've provided," added Detmer.

A native Texan, Detmer, won the Heisman Trophy in 1990 as a quarterback for Brigham Young University. He also played in the National Football League.

Spc. Matthew Spang, with the Warrior Transition Battalion played golf in high school and is able to keep up the sport despite losing both legs. Today he is on the SoloRider, a special golf cart, which holds him in an upright position to practice some putting.

"This golf program is a lot of fun. I love being out on the golf course and getting to meet two Heisman Trophy winners makes it a great day," Spang said.

Detmer is the head football coach at St. Andrew's Episcopal School in Austin. Roger's started The George Rogers Foundation of the Carolinas, Inc., a non-profit organization, which provides financial support to first-generation students seeking post-secondary education in South and North Carolina and surrounding non-profit organizations promoting youth development.



Unit Family Readiness

May 3, 9-10 a.m., Roadrunner Community Center Building 2797, call 221-1829 or 221-0946.

Battlemind Pre-Training for Families

May 3, 11 a.m.-1 p.m. Roadrunner Community Center Building 2797, call 221-1829 or 221-0946.

Parent to Parent - Dinner Conversations

May 3, 11:30 a.m.-12:30 p.m. at Keith A. Campbell Library, 221-0349 or 221-1505.

Admission, Review, and Dismissal Process

May 3, 1:30-2:30 p.m., Roadrunner Community Center Building 2797, call 221-2962 or 221-0600.

Couponing

May 3, 2-4 p.m., Roadrunner Community Center, Building 2797, call 221-1612.

Man of the House

May 4, noon-1 p.m., Roadrunner Community Center Building 2797, call 221-0349.

Fort Sam Houston Flea Market & Yard Sale

May 5, 7 a.m.-1 p.m., MacArthur Parade Field Command Pavilion Parking Lot. The Flea market is open to the public for purchasing. MWR patrons may set up on a first-come, first-served basis beginning at 6 a.m.

Reloading 101 Class

May 5, 8:30 a.m.-12:30 p.m., Sportsman Range at Camp Bullis.

Poker Run

May 7, 7:30 a.m., Fitness Center on the METC Campus. This is a free 5K with complimentary refreshments after the run.

Virtual Family Readiness Group Training

May 7, 8-10 a.m., Roadrunner Community Center Building 2797, call 221-1829 or 221-0946.

Infant Massage

May 7, 14, 21 and 30, 10-11:30 a.m., Dodd Field Chapel, call 221-0349.

Budget Development

May 7, 2-4 p.m., Roadrunner Community Center Building 2797, call 221-1612.

English as a Second Language

May 7, 5-7:30 p.m., Roadrunner Community Center Building 2797, call 221-2380.

Visio Training

May 8, 8 a.m.-noon, Roadrunner Community Center Building 2797,

call 221-2518 or 221-2705.

Post-Deployment Planning

May 8, 9-10:30 a.m., Roadrunner Community Center Building 2797, call 221-1829 or 221-0946.

HUGS playgroup

May 8, 9-11 a.m., Middle School Teen Center Building, call 221-0349 or 221-2418.

Immigration and Naturalization Services

May 8, noon-2 p.m., Roadrunner Community Center Building 2797, call 221-1828 or 221-2705.

Buyer Beware

May 8, 2-4 p.m., Roadrunner Community Center Building 2797, call 221-1612.

Word Level 2

May 9, 8 a.m.-noon, Roadrunner Community Center Building 2797, call 221-2518 or 221-2705.

Overseas Orientation

May 9, 10-11 a.m. and 5-6 p.m., Roadrunner Community Center Building 2797, call 221-1828 or 221-2705.

Self-Paced Initial First Termer Financial Readiness

May 9, noon-4 p.m., Roadrunner Community Center Building 2797, call 221-1612.

Excel Level 2

May 10, 8 a.m.-noon, Roadrunner Community Center Building 2797, call 221-2518 or 221-2705.

“A Few Good Men” at Harlequin Dinner Theatre

Performances are Thursday-Saturday, May 10-June 9. Dinner is at 6:15 p.m. and curtain is at 8 p.m. Call 222-9694 for reservations.

Military Spouse Appreciation

May 11, 1-6 p.m., Roadrunner Community Center Building 2797, call 221-2418.

Moms Bowl Free on Mother's Day

May 13, women 16 years old and up will bowl free from 2-8 p.m. at the Bowling Center.

Auditions for Youth GOT TALENT Show

The search is on for the most talented military youth and families in singing, dancing, music, comedy or specialty acts. Auditions are ongoing until May 16 for a chance to compete in the 2012 Fort Sam Houston You Got Talent Show on Saturday, May 19, 7-8:30 p.m. at the Fort Sam Houston Theatre, Stanley Road. Youth, ages 6 to 18, or older if still in high school are encouraged to call 221-4016 to audition for this Air Force-wide family and teen talent competition.

Auditions for Festival of the Arts

The 2012 Festival of the Arts Variety Show, “Razzle Dazzle,” will be held May 17, 7- 8:30 p.m. at the Fort Sam Houston Theatre. Auditions are open now for service members and their family members who sing, dance, or have a comedy bit or other specialty act. To audition, call 221-4016 before May 15. Selected performers will be judged live by Army Entertainment.

Tell Me A Story

May 18, 5:30 p.m., Fort Sam Houston Elementary School cafeteria, Lt. Gen. William Caldwell IV, senior commander, Fort Sam Houston and Camp Bullis, will read “How to Bake an American Pie.” To reserve a seat, call 957-3855 or email PtoP.SamHouston@militarychild.org.

Armed Forces Day 5K

May 19, 7 a.m., Jimmy Brought Fitness Center, the event is free and open to the public. This is an official STRONG B.A.N.D.S. event.

Summer Swim Lessons

Swim lessons will run June 4-Aug. 3. The cost is \$40/child per session. Lessons are 9-9:45 a.m., 10-10:45 a.m. or 11-11:45 a.m. depending on child's age. Registration will begin May 14, Monday-Friday, noon-7 p.m. at the Aquatic Center. Sessions are Monday-Friday for two weeks and include eight days of instruction, a certificate of participation, a swim lesson T-shirt and a class picture.

INSIDE from P14

Life Guarding Lessons

Children age 15 and older may train to be certified lifeguards on Fort Sam Houston by completing one of four sessions. All sessions will be conducted at the Jimmy Brought Fitness Center indoor pool for \$160 per person. Call 221-1234.

Waiting List Policy and Termination of Enrolled Children of Unemployed Spouses

Sponsor/Patron must complete the DD Form 2606, Request for Child Care, if child care services are not immediately available. Children will be placed according to the current Family Member Program Priority Enrollment Policy. JBSA Fort Sam Houston Child, Youth & School Services will notify families immediately when slots become available. Call 221-4871.

Priority of Enrollment and Plan for Meeting Additional Child Care Needs

Sponsor/Patron must complete the DD Form 2606, Request for Child Care, if child care services are not immediately available. Children

will be placed according to the current Family Member Program Priority Enrollment Policy in this order, wounded warriors, single active duty or dual military personnel assigned to JBSA, active duty military or DOD civilians assigned to JBSA, Reservists on active duty and then contractors. JBSA Fort Sam Houston Child, Youth & School Services will notify families immediately when slots become available. Call 221-4871.

STRONG B.A.N.D.S. Campaign

In recognition of National Sports and Fitness Month in May, Fort Sam will promote health with the STRONG B.A.N.D.S. campaign, which stands for Balance, Activity, Nutrition, Determination and Strength. Visit armymwr.com/strongbands for a chance to win daily prizes until May 31.

Fitness and Sports Athlete of the Year

Service members participating in intramural sports programs, monthly sporting events, varsity or extramural sports are eligible for nomination as the Athlete of the Year. Activities performed throughout the

calendar year will be evaluated. An Athlete of the Year will be selected for each branch of service. Nomination packages are available at any of the Fort Sam Houston fitness centers or online at <http://fortsammmwr.com>. The deadline for submission is Nov. 30. Call 808-5710.

Retired Enlisted Association

Chapter 80 of the Retired Enlisted Association meets at 1 p.m. on the fourth Wednesday of each month at the Lackland Air Force Base Gateway Club. Call 658-2344 for information.

Cloverleaf Communicators Club

Meetings are held the first and third Thursday of every month 11:45 a.m.-1 p.m. at San Antonio Credit Union, Stanley Road, in the conference room. Call 916-3406 or 221-8785 or visit <http://powertalkinternational.com/>.

Future Speakers on the Horizon

Enjoy food and develop public speaking and leadership skills the second and fourth Wednesday of each month, noon-1 p.m. at the Joint Program Management Office, Building 4196. Call 295-4921.



Holly St. Neighborhood Walk

The Colorado River Walkers volksmarch club is hosting a 6k and 10k walk May 5 starting at the Lorraine Comacho Recreation Center, 34 Robert Martinez St. in Austin. Walks start between 8-11 a.m., finish by 2 p.m. Call 512-771-9566 or visit <http://www.coloradoriverwalkers.org>.

Bear Creek Scout Reservation Walk and Boat Events

The BTC Oddsports volksmarch club is hosting a 5k and 10k walk and a 1,500 meter boat (canoe provided for free) event May 6 starting at the Bear Creek Scout



Reservation, 125 Ranger Road in Hunt, Texas. Events start between 8 a.m.-1 p.m.; finish by 4 p.m. Call 204-9301.

Military River Parade

Paseo del Rio Association will host the first Military River Parade May 19, Armed Forces Day, to honor service members, past and present. The event starts with live entertainment at the Arneson Theatre followed by the river parade at 3 p.m.

Warrant Officer Association meeting

The Lone Star Silver Chapter of the U.S. Army Warrant Officer Association will meet May 21 at 5:30 p.m. at the Longhorn Cafe, 1003 Rittiman Road. All active duty, retired, Reserve, National Guard warrant officers and family

members of current or retired warrant officers are invited. Call 221-7327 or 666-9818.

2012 Federal Recognition Awards

An awards ceremony will be held June 13, 11:30 a.m.-1 p.m. at the Omni Hotel at the Colonnade. Bill Taylor, KENS5 meteorologist, is master of ceremonies. Call 565-1860/1861 or email afpc.afeb.workflow@us.af.mil.

Quarry Farmers and Ranchers Market

Every Sunday, rain or shine, from 9 a.m.-1 p.m. at the Quarry Market adjacent to Whole Foods Market, 255 E. Basse Road. Some vendors offer military discounts, live entertainment and kid's activities. Visit <http://quarryfarmersmarket.com/> or call 722-5077.

For Sale: six-drawer dresser with matching nightstands, \$85; dining room table and four chairs, \$75; sofa with wood accents, \$40; art desk/drafting table with chair, \$15, antique chair, wicker and leather, \$25. Call 882-0372.

For Sale: Metal cot, like new, folds for easy storage, \$60; men's bowling ball, \$5. Call 233-9476.

For Sale: New Rascal electric wheelchair with detachable legs, instruction manual included, \$800 obo. Call 661-3765.